

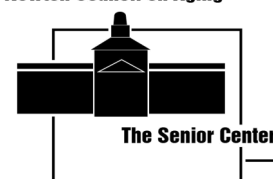
COMING OF Age...

Your Center for Connection

Published Monthly Issue #8 Volume VI

City of Newton
Department of Senior Services

Newton Council on Aging



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ www.newtonseniors.org

August 2013

MBTA Senior CharlieCard Application

Avoid the trek to Downtown Crossing and visit the Center Wednesday, August 7 or Wednesday, August 14 between 1:30 and 3:30 p.m. for card renewals or first-time applicants. The Senior CharlieCard is available to anyone over the age of 65 and reduces the cost of travel on public transit by upwards of 50%.

Residents who need to renew their card as well as sign up for the first time are invited to attend. Please bring picture identification that includes a birthdate.

Individuals who are not seniors, but applying for a T.A.P. (disability) CharlieCard or a Blind Access CharlieCard, can also participate. However, they will still need to complete the required application and wait for approval from the MBTA office until their card can be processed.

For more information please call Molly Sass, Program Coordinator, at 617-796-1670.

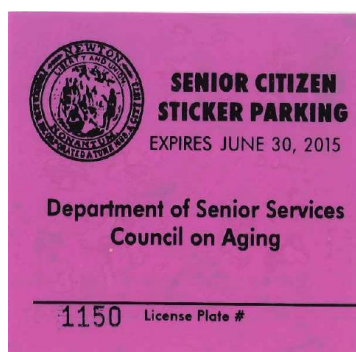


Walk to End Alzheimer's: Sunday, September 29

The Greater Boston Walk, coming up on Sunday, September 29, starts and ends at Canal Park and includes a beautiful route along the Charles River. Participants can opt for a 2 or 6 mile route, or simply enjoy the activities at Canal Park, including music, free food, exhibitors, a children's area, and more. While there is no fee to register, each participant is asked to make a donation or fundraise in order to contribute to the cause and raise awareness. Raise \$150 to earn your 2013 Walk t-shirt!

To get involved today, contact Jayne Colino at jcolino@newtonma.gov or 617-796-1671 or register to walk by visiting <http://act.alz.org/greaterboston> and clicking "register." Make sure to join the team "MCOA Newton."

Free Parking with the Senior Sticker



Newton residents, 65 years and older, are eligible for a Senior Parking Sticker that allows free parking in the City's municipal lots. Applicants must show license and registration with Newton address or a copy of the lease agreement for personal leased cars. Stickers are sold for \$6.00 and are good for the 2-year cycle from July 1, 2013 to June 30, 2015. Stickers are good at 1, 2 and 3 hour meters in all city lots, but never on the street!

Stickers are available at the Newton Senior Center between 8:30 a.m. and 3:30 p.m.

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Senior Center News

Newsletter

All Newton households with a resident over the age of 60 receive complimentary copies of the Coming of Age newsletter quarterly. Copies of Coming of Age may be picked up, at no charge, at the Newton Senior Center, Newton City Hall and the Newton Free Library and at many housing complexes around the city. The newsletter may also be accessed on the web.

Go to www.newtonseniors.org

To receive notice of the newsletter by e-mail please register your e-mail address on the website above.

The newsletter is published monthly.

Heat Relief

If the temperature rises above 90 degrees for more than one day we encourage you to visit the Center during regular hours or the library for heat relief. The library hours are Monday - Thursday, 9 a.m. - 9 p.m., Friday - 9 a.m. - 6 p.m., Saturday - 9 a.m. - 5 p.m. You can use the yellow voucher transportation service to get to the library for heat relief during these hours. On Sundays, yellow vouchers can be used to get to a Mall or theater in Newton for heat relief.

Senior Center Tours

Curious about the Newton Senior Center? Set an appointment for a tour and orientation. Call 617-796-1660 to learn about our programs and services.

SHINE Appointments Available

Please call 617-796-1660 to schedule an appointment for Medicare health benefits counseling.

Senior Center Meals

Lunch Monday-Friday, 11:45 a.m. To reserve call 617-796-1660 by 11:00 a.m. the previous day. A voluntary donation of \$1.75 is suggested per meal.

Springwell makes these lunches possible.

Disclaimer

We thank the advertisers featured in this newsletter for their support. They make the printing of *Coming of Age* possible. The Center does not specifically endorse any service or product advertised herein. We do encourage our readers to investigate any service or product they may consider using in order to make an informed decision, and hope they will consider some of our supporters when doing so.

Thank you, Bri!

Bri Doughty has been the Social Work intern as part of her studies at Simmons College. During her tenure she has spearheaded the department's initiative working to build an intentionally welcoming community. She moved the department to host a diversity training with the LGBT Aging Project, the showing of *Gen Silent* a documentary about LGBT seniors in the Boston area, and the Community Conversation held in July. We wish her all the best in her continued studies and future pursuits!

Newton /Brookline Consumer Office

Newton City Hall is available to answer your consumer questions /mediate your issues around purchases of personal goods and services. 617-796-1292.

Boston College Elder Legal Services

Appointments will resume in October. For further assistance please call the Waltham office of Boston College Legal Assistance Bureau, 781-893-4793.

Watch Battery Replacement

The next watch battery replacement will be on September 10, from 10:00 a.m. to 12:00 p.m.

Notary Public

Outreach Worker Christie Rexford is now a Notary Public, available for drop-in and appointments on Fridays between 10:00 a.m. and 2:00 p.m. Please bring proper identification. Questions? Call Christie at 617-796-1672.

Follow us on Facebook ©



The Newton Senior Center is now on Facebook. Follow us to receive the newest updates and to connect with upcoming programming.

Summer Health Maintenance Clinics

Blood pressure checks, medication questions and more!

2nd & 4th Wednesdays, **Newton Senior Center:**

August 14 & 28, 10 to 11 a.m.

August Programs: Call 617-796-1670 or email msass@newtonma.gov to register

German Class

Mondays
10:00 a.m.

Learning German the Old-Fashioned way - by reading. It is possible to read a mystery story while practicing German. Course is free but **requires registration** and the purchase of a book, not to exceed \$15.00.

Quilting

Mondays
10:30 a.m.

Exploring your creativity is good for your health! In this free class you will learn the basics of quilting and begin by making a pillow. A material fee may be required.

Registration required.



Low Vision Support Group

Monday, August 5
1:00 p.m.

This group, sponsored by the Massachusetts Association for the Blind, offers engaging discussion and educational information. For more information please call 617-796-1670.

Alderman Stephen Linsky

Friday, August 2
8:30 a.m.

Have coffee or tea and converse with the Alderman on his monthly visit.

Springwell Cookout

Wednesday, August 7
11:45 a.m.

Please join us for the Annual Springwell BBQ at the Newton Senior Center. The menu will include hamburgers, hot dogs, potato salad, cole slaw, watermelon and lemonade. Reservations are required. Please call 617-796-1660 by 11:00 a.m. on Tuesday, August 6. We hope to see you there!



Ice Cream Social

Thursday, August 8
1:00 p.m.

Please join the Newton Lions as they host an Ice Cream Social at the Center. Enjoy Cabot's ice cream and mingle with friends. The Newton Lions is a service charity whose mission is to give back to the community and participate as a leader in eye research and prevention around the world. **Registration required by Aug 1.**

Senior CharlieCard Event

Wednesdays, August 7 and 14
1:30 - 3:30 p.m.



Renew or sign-up for a Senior CharlieCard pass at the Center and avoid the trip to Downtown Crossing. Applicants must be over 65 and bring a photo ID that includes a birthdate.

Pet Therapy

Tuesday, August 13
12:00 - 1:00 p.m.

While you're here at the Center, stop by the Function Room to spend time with Babie, a Maltese therapy dog, visiting today with her owner Jerrie Spencer.

Dialogue with the Director

Monday, August 19
12:00 p.m.

Join Jayne Colino, Director of the Department of Senior Services, for an informal discussion.

Alderman Vicki Danberg

Wednesday, August 21
10:00 a.m.

Have coffee or tea and converse with the Alderman during her monthly visit.

You've Earned a Say! AARP Discussion

Wednesday, August 28
1:30 p.m.



AARP fights on issues that matter to you and your family. Join AARP for a conversation about the future of Medicare and Social Security. Get the facts about current options on the table to change the programs for current retirees, veterans and future generations--like the Chained CPI. Also, discuss other key legislative issues at the state and federal level, and share your thoughts about how to get involved.

Short Story Group

Thursday, August 29
10:30 a.m.

Copies of the short story to be discussed can be picked up at our reception desk.



Upcoming Programs: Call 617-796-1670 or email msass@newtonma.gov to register

Newton's Poorhouses and (old folks) Homes

Wednesday, September 11
12:30 p.m.

Hear and discuss the rich history of Newton's Workhouse, Poorhouse, Almshouse, Poor Farm, City Home and Infirmary. Learn what artifacts still remain. **Please register.**

Healthy Eating

Tuesdays, September 24 to October 29
5:30 - 8:00 p.m.

This evidence based program is for seniors who want to learn more about how nutrition and lifestyle changes can promote better health. Sponsored by Springwell, Inc. **Registration required.**



Telling Your Story: Memoir Writing

Wednesdays, September 25 to November 13
9:45 - 11:15 a.m.

As we live our lives, we tend to reflect on our past. This is a Newton Community Education program that will take place at the Center. Please call 617-559-6999.

3 Keys to "Right Sizing" Your Next Move

Wednesday, October 9
12:30 p.m.

This program is for the 50+ population who find themselves in transition with their living space. Save the date and keep an eye out for more information!



Fitness Classes: All are welcome to join! \$2 donation paid in each class. Drop in!

*indicates \$3 class, ° indicates a preregistered class

Mondays

8:45 a.m. Tai Chi*
11:00 a.m. Tai Chi for Arthritis°
12:45 p.m. Beyond Balance°
2:00 p.m. Yoga: chair

Tuesdays

9:00 a.m. Aerobics
10:30 a.m. Muscle Cond.

Wednesdays

9:00 a.m. Walking Group
9:30 a.m. Tai Chi for Arthritis°
10:45 a.m. Beyond Balance°

Thursdays

10:00 a.m. Beginning Tai Chi*
11:00 a.m. Tong Ren
11:45 a.m. Tai Chi*
1:00 p.m. Yoga: chair
2:00 p.m. Yoga: mats

Fridays

9:00 a.m. Aerobics
10:30 a.m. Muscle Cond.

Beyond Balance, \$50 for 8 weeks

Mondays, 12:45 - 1:45 p.m. (remaining 6 weeks): August 5, 12, 19, September 9, 16, 23

Wednesdays, 10:45 - 11:45 a.m. (remaining 5 weeks): August 7, 14, 21, September 11, 18

Class Descriptions

Aerobics: YMCA certified instructor

An hour-long cardio workout that includes a warm-up, cool-down and some use of light weights.

Beyond Balance: Robin Resnick, Instructor

Beyond Balance is a strength training class that targets all the major muscles in the body. In addition, there is a focus on exercises that enhance balance. Increasing your strength will help improve balance as well as make it easier to do activities of daily living.

Muscle Conditioning: YMCA certified instructor

An hour-long weight-based program that targets all muscle groups.

Tai Chi: Aaron Crawford, Instructor

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. (text from www.mayoclinic.com)

Tong Ren: Aaron Crawford, Instructor

Tong Ren is a powerful healing energy treatment used to help people restore their health. It is based on the principle that many diseases are caused by physical blockages that interrupt the body's natural flow of "chi", the subtle bioelectricity we need to maintain the health of every cell and organ in our body. (Text from www.tongtam.com.)

Walking Group

Start your day with an outdoor 45-minute walk. All levels welcome.

Yoga: Steffi Shapiro, Instructor

These yoga classes place an emphasis on gradual stretching at your own pace, without stress or strain and integrating what is learned into a daily holistic lifestyle. The benefits of yoga include renewed energy, increased flexibility, improved body alignment and strength, improved self-esteem and a deeper sense of well-being.

Zumba Gold: Mary Stevenson, Instructor

A dance inspired workout for the young at heart! An hour-long cardio program set to upbeat Latin tunes. No dance experience required, there are never any wrong steps and routines vary from week to week.

Art Classes: Research shows that art is important for all ages, and improves cognitive function. Try a new class and explore your creative side! Registration required. Call 617-796-1670.

3D Open Studio, Free

Tuesdays, 1:00 - 2:00 p.m.

Learn to make creative beads from found objects and magazines. Bring your own materials and enjoy the creative setting.

2D Open Studio, Free

Wednesdays

9:30 - 11:30 a.m.

All are welcome to use the art room and work with fellow artists in our well-lit space. Local artist David Wenstrom offers instruction and guidance.

Ceramics, \$50 for eight weeks

Thursdays, 12:30 - 2:00 p.m.,

New session!

August 1, 8, 15, 22, 29, September 12, 19, 26

Create 3D platters and sculptures or glaze molded pieces. Bet Lee instructs.



Ongoing Drop-In Programs

Monday

9:00 a.m. Pool Cues
9:00 a.m. Beg. Spanish
10:30 a.m. Quilting
1:00 p.m. Mah Jongg
1:00 p.m. Mexican
Dominoes
1:00 p.m. Scrabble
1:00 p.m. NewsTalk

Tuesday

9:00 a.m. Int. Spanish
9:30 a.m. Bridge Lesson
10:30 a.m. Int. Spanish
1:00 p.m. Bingo
1:30 p.m. Swing Band

Wednesday

9:00 a.m. Pool Cues
9:30 a.m. Fine Art
Studio
11:30 a.m. Vic King,
piano music
1:00 p.m. Duplicate
Bridge

Thursday

9:00 a.m. Knitting Group
10:00 a.m. Current
Events
10:30 a.m. Mandarin
Conversation
1:00 p.m. Canasta
1:00 p.m. Mah Jongg
1:00 p.m. Bridge
1:30 p.m. French Salon

Friday

9:00 a.m. Networking
9:00 a.m. Pool Cues
10:00 a.m. Beg. French
12:00 p.m. Poker
1:00 p.m. Chess
1:00 p.m. Bingo

Movies & popcorn: 1:00 P.M. WEDNESDAYS

Subtitles available for all movies upon request.

August 7, *Anna Karenina*: Oscar winner Tom Stoppard penned this adaptation of Leo Tolstoy's classic novel, which stars Keira Knightley as the titular 19th-century Russian aristocrat who enters into a passionate and forbidden love affair with the well-heeled Count Vronsky. 2012, R, 130m

August 14, *Trouble with the Curve*: Slowed by age and failing eyesight, crack baseball scout Gus Lobel takes his grown daughter along as he checks out the final prospect of his career. Along the way, the two renew their bond, and she catches the eye of a young player-turned-scout. 2012, PG-13, 111m

August 21, On the Big Screen! *Quartet*: A trio of retired opera singers' annual celebration of Verdi's birthday sours when their estranged fourth member shows up but refuses to sing. Tensions rise and diva drama erupts -- will personal problems prevent the show from going on? 2012, PG-13, 99m.

August 28, *The Royal Affair* (Danish with subtitles): In 18th-century Denmark, the unstable King Christian VII neglects his young queen, Mathilde, who falls in love with his German physician, Struensee, an intellectual whose avocation of reform transforms the country but brings about his own downfall. 2012, R, 137m

Transportation Services

Transportation Services has expanded to all Village Centers. The growth in this service is thanks to the effort of the Senior Citizens Fund of Newton, Inc.

For Newton Residents 60 years and older

- *Three (3) day advance reservation unless otherwise noted*
- **Medical Transportation:** Monday-Friday, 8 a.m. to 5 p.m. Newton to medical appointments and specific destinations.
 - ◊ 15 – 70 Walnut St., Wellesley
 - ◊ 1 Washington St., Wellesley
 - ◊ 173 Worcester Rd., Wellesley
 - ◊ 195 Worcester Rd., Wellesley
 - ◊ 230 Worcester Rd., Wellesley
 - ◊ 830 Boylston St., Chestnut Hill
 - ◊ 850 Boylston St., Chestnut Hill
 - ◊ 1244 Boylston St., Chestnut Hill
 - ◊ 1153 Centre St., Boston (Faulkner Hospital)
 - ◊ St. Elizabeth's Hospital
- **The Shopper's Service:** Tuesday, Wednesday or Thursday between 10:00 a.m. and 2:00 p.m. Your choice of Newton market
- **Long-term Care Facilities:** Monday-Friday, 8 a.m. to 5 p.m. To destinations in Newton. Limit 2 visits per week.
- **Houses of Worship:** To destinations in Newton for religious services.
- **Select Adult Day Health locations:** Monday-Friday
- **Newton Free Library & Newton City Hall:** Mondays & Wednesdays, 8 a.m. to 5 p.m.
- **Newton Senior Center:** Monday-Friday, 8 a.m. to 4 p.m. Reserve by 4:00 the previous day for this service only.

- **New additions to Village Centers beginning July 1, Available Monday - Friday, 8:00 a.m. to 5:00 p.m. Make reservations by 4:00 p.m. the previous day.**
 - Auburndale:** 2040 Commonwealth Ave - 2122 Commonwealth Ave, 422 Lexington Street – 427 Lexington Street, 271 Auburn Street – 349 Auburn Street
 - Chestnut Hill:** 280 Boylston Street – 1184 Boylston Street, 525 Hammond Street – 615 Hammond Street (includes Post Office on corner of Middlesex Road)
 - Newton Centre:** 821 Centre Street – 1148 Centre, 10 Langley Road – 82 Langley Road, 714 Beacon Street – 847 Beacon Street, 10 Union Street – 43 Union Street
 - Newton Corner:** 259 Centre Street – 447 Centre Street, 275 Washington Street – 399 Washington Street
 - Newton Highlands:** 1149 Walnut Street – 1203 Walnut Street, 1 Lincoln Street – 63 Lincoln Street
 - Newton Upper Falls:** 1185 Chestnut Street – 1225 Chestnut Street, 77 Oak Street – 108 Oak Street
 - Newtonville:** 241 Walnut Street – 345 Walnut Street, 743 Washington Street – 897 Washington Street
 - Nonantum:** 291 Watertown Street – 420 Watertown Street
 - Newton Lower Falls:** 2000 Washington Street – 2366 Washington Street
 - Oak Hill:** 663 Saw Mill Brook Parkway – 675 Saw Mill Brook Parkway
 - Thompsonville:** 386 Langley Road – Route 9
 - Waban:** 1625 Beacon Street – 1651 Beacon Street, 4 Windsor Street – 10 Windsor Street, 69 Wyman Street – 87 Wyman Street
 - West Newton:** 1239 Washington Street – 1391 Washington Street

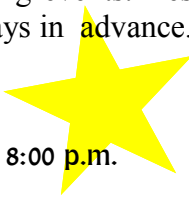
Transportation to SPECIAL AUGUST EVENTS

The Newton Department of Senior Services is offering transportation through the “yellow voucher” system to these upcoming events. Reservations must be made at least three days in advance.

Veterans' Services

Post 440

Tuesday, August 6, 5:00 - 8:00 p.m.



Please make all reservations by calling 617-796-1288

Travel vouchers are good for all of the above services.

Vouchers are available at the Senior Center, or by mail. The suggested contribution is \$4 per voucher. A minimum contribution of \$2 required per voucher. One voucher is used each way; two vouchers for a round trip. For those unable to budget the minimum amount or more, *please* request an exemption form. Acceptance of your exemption will enable you to forgo a contribution. Payment is required before vouchers will be sent through the mail.

If you have questions about the services or about alternative transportation please call Alice Bailey at 617-796-1664.

Medical Equipment

Please contact Alice Bailey at 617-796-1664 **before** donating, picking up or dropping off any equipment.

Borrow Equipment

Equipment available on a first come, first serve basis. Items: tub/shower chair, walker, commodes, wheel-chairs, canes. Also available: incontinence underwear and pads. Those accepting equipment will be asked to sign a release form and provide some basic information. We can not deliver any equipment. This service is for Newton residents only.

Donate Equipment

The Department of Senior Services accepts donations of and distributes previously owned durable medical equipment that is in good working condition. **We do not currently need walkers.** We cannot pick up items and do not accept large items.

Thank you for your support of this important service!

Beware of Scammers

A scam currently being reported in Dedham, and common throughout Massachusetts, consists of a man knocking at the door and offering to pave the driveway for a “discounted” price. About halfway through the job, the scammers claim there was an error and the home owner owes thousands more in payment or work will stop.

Tips to avoid this, and other scams, include asking for proof of insurance; getting a written, detailed and signed estimate; and only work with contractors you have called yourself. Never let solicitors inside the house, and if they refuse to leave your property call the police.

If you receive an offer that seems too good to be true or if you feel uneasy about any interaction involving money, call the Newton Police at 617-796-2100.

Healthy Tidbits

Health & Human Services Department

Mosquitoes, Ticks and Bats, Oh My!

These three summer critters all have the potential to carry mild to serious diseases. Read on for basic information about them and how to avoid the diseases they may cause.

Mosquitoes can carry West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE). WNV is typically found in Newton, while EEE usually occurs elsewhere. For updated information about where WNV and EEE mosquitoes and cases have been found, visit:

www.mass.gov/dph/mosquito WNV causes no illness or only mild flu-like illness in most people. More rarely, it can be deadly particularly in older people. Symptoms include fever, aches and fatigue, or in serious cases, swelling of the brain. Use mosquito repellent to prevent bites, avoid going outside from dusk to dawn, and clear areas around your home of standing water where mosquitoes can breed.

Ticks (brown deer ticks) can cause Lyme disease and babesiosis, among other infections. These ticks can be found throughout New England. To prevent tick bites, use DEET-containing insect repellent and check your body for ticks after being outdoors. Ticks must remain attached for at least 24 hours, often longer, in order to transmit disease. Remove attached ticks promptly with tweezers.

Symptoms of tick-borne diseases can include rash, fever, aches and pains. Early recognition and treatment of the infection decreases the risk of serious complications.

Hot weather can bring **bats** into homes when they seek cooler air. Because bats can carry rabies, it is important for bats to be tested if they come into contact with a human or a pet. Rabies is serious and important to prevent, but rabid bats are rare. Contact the Health Dept. to drop off the bat so it may be sent for testing. Bats must be refrigerated to be tested. To prevent bats in your home, seal holes, cap chimneys and ensure doors and windows are screened and not left open.

Thank you to our generous donors!

• In memory of Robert DeSimone: Lawrence Cataldo, Ann Capoccia, Citizens' Housing and Planning Association, Diane and Arthur Dickerman, Regina and Mark DiPerna, Paula Doress-Worters, Jack Fabiano, Stephanie and Mark Greenbaum, Margaret and Normand LeBlanc, Frances Leccese, Rose and Ralph Madsen, Noel McCoy, the Monday morning Tai Chi class, the staff at Golden Living Center Heathwood, Janet Shapiro, and Joan Troy • Thank you to Girl Scout troop 72996 for the lovely centerpieces • John and Kathleen Vaccaro in memory of Murray I. Kates • Angela Donovan in honor of Bea Carp's June birthday • Polly Kalman in thanks to the Newton Senior Center • Beverly Nollman, Stanley Weisman in support of the Senior Center from the Let's Keep Talking group • Frank and Betty Avruch in thanks to the Newton Senior Center • Catherine Nicolazzo in thanks to Alice Bailey • Diane Sostek in acknowledgement of Molly Sass •

Snapshots



Trip members enjoying a cup of tea in Abigail's Tea Room at the Boston Tea Party Museum



Participants sang "A Boy Named Sue" at the karaoke event with the Greatest Generation Music



The Village Bank volunteers prepared and served food during the Summer Barbecue; The Recyclers entertained

Community News

Newton Free Library

Homebound Library Services

www.newtonfreelibrary.net, 617-796-1380

Hours:

Monday - Thursday, 9 a.m. - 9 p.m., Friday - 9 a.m. - 6 p.m., Saturday - 9 a.m. - 5 p.m.

The Department of Senior Services Transportation System (yellow vouchers) is now valid for transport to the Newton Free Library on Mondays, Wednesdays 9-5. See page 6.

The Food Pantry Needs You!

Please bring unopened, non-perishable, unexpired food items to the Newton Senior Center during hours of operation, Monday through Friday, 8:30 - 4:00. Delivery is made to the Newton Food Pantry weekly. The Newton Food Pantry thanks all of those who contribute so generously.

Contractor Referral Program

Summertime, and the livin' is easy. The lazy days of summer, a time to relax and enjoy the season, are here. The contractors in the Contractor Referral Program can make that summer life a little easier. All of them have been pre-screened. Call on a Landscaper or Tree Service specialist to make your outdoor environment beautiful. Organizers can help sort and arrange your inside environment for stress free living. Enlarge a bathroom, repair a roof, paint the porch or tune up the air conditioning. Lists include: electricians, organizers, gutter cleaning, painting, handyman, pest control, HVAC, plumbers, in-home computer assistance, and landscapers/tree service. Call Lynn Fienman at 617-796-1675 or email lfeinman@newtonma.gov for the list.

Historic Newton 527 Washington Street, Newton MA, 02458

Newton Community Weekend

Saturday and Sunday, August 3 and 4

12:00 - 5:00 p.m., *Free*

Newton residents are invited to enjoy the museum.

"Sneak Peak" Hours at the Durant-Kenrick House and Grounds

Thursdays and Saturdays

2:00 to 5:00 p.m. *Free*

Enjoy "Sneak Peeks" of the new Durant-Kenrick House and Grounds on Thursdays and Saturdays from 2-5 PM. See the results of the building restoration, explore life in different time periods and try out our games. Your input now will help shape the future of this museum!

Historic Newton Walks: Four Centuries on Chestnut Hill

Sunday, August 25

2:00 p.m. *Free*

Originally settled by the Hammond family in 1655, the Newton portion of Chestnut Hill has flourished over four centuries. With the introduction of railways nearby in the 1850s, what has been a remote and undeveloped area grew rapidly, due in part to the formation of the "Essex Colony" by prominent North Shore families. In the early 1900s, Chestnut Hill changed dramatically as farmland was divided for estates and Boston College broke ground on their new campus. Join local resident Amy Grier for a look at this corner of Newton that still retains a feel of its rural past. Call 617-796-1450 for meeting place.

City of Newton Department of Parks & Recreation

To register or for more information please call 617-796-1506 or visit www.newtonma.gov/gov/parks

Golf

The senior golf league is in full swing! Join us at the Commonwealth Golf Course on Tuesday mornings at 9:00 a.m. The fee is \$23 for 9 holes, cart and green fees. **Discounted lessons** are also available through the Recreation Department.

Bocce

Throwing stuff with your friends is fun! Bocce is a fun, active and social sport for men and women "Over 55". Join us on Mondays 2-4p.m at the regulation courts at Cabot Playground. (Corner of Newtonville Ave & Eastside Parkway) Play begins on June 3rd. Beginners welcome. FREE LESSONS for bocce novices!

Tennis

Tennis is a sport that can be played at any age. Although some seniors may be less mobile than younger players, they can still learn to play the game and accrue numerous health benefits from it, including improved cardiovascular health and bone density. Our tennis program begins on April 2nd and runs on Tues & Thurs, 8-10 A.M at the Warren Courts.

Summer Aquatics

Our aquatic class is a safe non-jarring water aerobics program which improves stamina, strength and flexibility. Our 45 minute class provides full body conditioning, strength training and movements designed to work each muscle and joint. And let's not forget the fun factor! Socialization is an oft-forgotten, but integral benefit of many types of physical activity, and aquatic exercise is no exception. Summer classes are held at the Gath Pool, Monday through Fridays, 12:15 to 1:00 pm. Cost is \$36.00

Veterans' Services 295 California Street, Newton

Use a yellow
travel voucher!

The City of Newton and the American Legion Post 440 invite veterans of all ages and service branches to join us at the new regional veteran center on the first Tuesday of every month from 5:00 to 8:00 p.m. This is a great opportunity for veterans to socialize and access information on employment services, housing, education opportunities, veterans affairs benefits, and transportation.

The Senior Citizens Fund of Newton
PO Box # 600488
Newtonville, MA 02460

Non-Profit Org
U.S. Postage Paid
Boston, MA
Permit #52475

Newton Department of Senior Services

Phone 617-796-1660 Fax 617-969-9560

www.newtonseniors.org

Monday - Friday, 8:30 a.m. - 4:00 p.m.



Staff

Jayne Colino, Director
Alice Bailey, Executive Administrator
Lucy Bedigian, Lunch Site Manager
Ken Doucette, Custodian, P.M.
Bri Doughty, Social Work Intern
Lynn Feinman, Aging In Place Project Manager
John Flynn, Custodian, A.M.
Linda Johnson, Administrative Assistant
Kathy Laufer, Clinical Social Worker
Christie Rexford, Outreach Worker
Molly Sass, Program Coordinator

Council on Aging Members

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Audrey Cooper
Holly Gunner
Rev. Howard Haywood
Marian Knapp, Chair
Susan Paley, Vice Chair
Carol Rose
Diane Sostek

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Tom Shoemaker
Jeanne Stolbach

Mission

The mission of the Department of Senior Services is to optimize quality of life for seniors and their families through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

Vision

To provide sustained leadership that helps Newton be a livable and age friendly community for all who choose to age here.

Statement of Welcome

The Newton Department of Senior Services welcomes the diversity of our senior community and strives to reflect our values of inclusion and mutual respect through supportive services, programs and advocacy.

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